



BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH ONE: WEEK THREE

KIT REQUIREMENTS-

SINGLE KETTLEBELL

(BETWEEN YOUR 5-10 REP MAX OVER HEAD PRESS)

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

WEEK THREE: DAY ONE

FULL BODY RESISTANCE

A FOCUS ON CONTROLLED, UNILATERAL PRESSES, ROWS AND SQUAT PATTERNS TO ADDRESS IMBALANCES AND BUILD STRENGTH SYMMETRY, FOLLOWED BY A PULSE RAISING CONDITIONING PIECE AND STRUCTURAL WORK WITH AN EYE ON FOSTERING MENTAL TOUGHNESS..

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

DAY 1:

FULL BODY RESISTANCE

WARM-UP:

2 ROUNDS-

10 X TOWEL DISLOCATES

10 X WALL Y RAISES

10 X WALL FACING SQUATS

3 ROUNDS-

5 X PUSH-UP+DOWN DOG+COBRA

10 X SECOND BAR HANG OR LAYING REACH

15 X AIR SQUAT WITH 90 DEGREE TWIST

(NOTE- AFTER DAY 1, THIS WILL BE LISTED AS ' WARM-UP',
IF YOU HAVE SPECIAL CONSIDERATIONS AND PREFERENCES
FOR A WARM-UP, USE AT YOUR OWN DISCRETION.)

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BULLDOG GEAR® X AT

5 ROUNDS-

6 X KB FLOOR PRESS (EACH ARM)

10 X KB ROW (EACH ARM)

10 X KB GOBLET SPLIT SQUAT (EACH LEG)

60S REST BETWEEN ROUNDS

REST ONLY AS NECESSARY BETWEEN EXERCISES/SIDES. MOVE WITH INTENT BUT CONTROL YOUR TEMPO AND MAINTAIN FORM. YOUR LAST REP SHOULD LOOK LIKE YOUR FIRST.

20MIN AMRAP-

5 X KB HIGH PULL

10 X TRAVELLING PUSH-UP OVER KB

15 X AIR SQUAT

'ACCUMULATE' 4 MINS IN STRAIGHT ARM PLANK

CONSULT 'WEEK ONE: DAY ONE', ATTEMPT TO BEAT REPS, ROUNDS AND TIMES ACROSS THE BOARD.

BULLDOG GEAR® x AT

WEEK THREE: DAY TWO

FULL BODY RESISTANCE

RETAINING THE UNILATERAL THEME BUT SWITCHING THE PLANES OF MOVEMENT, AS WELL AS INTRODUCING SOME 'HINGE' VOLUME, FOLLOWED BY SOME EXPLOSIVE CONDITIONING AND A TEST OF PERSEVERANCE WITH ANOTHER 'HOLD' VARIANT.

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BULLDOG GEAR® X AT

DAY 2- FULL BODY RESISTANCE

WARM-UP

5 ROUNDS-

6 X KB OHP (EACH ARM)

10 X KB SWING CLEAN (EACH ARM)

10 X KB GOBLET REVERSE LUNGE (EACH LEG)

60S REST BETWEEN ROUNDS.

REST ONLY AS NECESSARY BETWEEN EXERCISES/SIDES. MOVE WITH INTENT BUT CONTROL YOUR TEMPO AND MAINTAIN FORM. YOUR LAST REP SHOULD LOOK LIKE YOUR FIRST.

20MIN AMRAP-

10 X PUSH-UP

20 X GORILLA ROWS (ALTERNATE)

20 X SPLIT SQUAT JUMP (ALTERNATE)

MOVE WITH INTENT AIMING TO COMPLETE AS MANY ROUNDS AS POSSIBLE WHILST MAINTAINING TEMPO AND QUALITY. NOTE REPS/ROUNDS. THIS WILL BE IMPORTANT ON FUTURE ATTEMPTS.

'ACCUMULATE' 4 MINS IN KB GOBLET WALL SIT

CONSULT 'WEEK ONE: DAY TWO', ATTEMPT TO BEAT REPS, ROUNDS AND TIMES ACROSS THE BOARD.

BULLDOG GEAR® x AT

WEEK THREE:

DAY THREE

CARRIES AND METABOLIC

A POTENT, UNILATERAL COMBINATION
OF THREE OF THE MOST EFFECTIVE
LOADED CARRIES, TO BUILD STRUCTURAL
INTEGRITY AND BALANCE THROUGHOUT.
A SPRINT AND POSTERIOR CHAIN BURN
THEN... CHASING THE PUMP.

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BULLDOG GEAR® X AT

WARM-UP

LOADED CARRY TRINITY:

5 ROUNDS

20M OVERHEAD KB CARRY

20M FRONT RACK CARRY

20M SUITCASE CARRY

REPEAT ON OTHER SIDE

LEFT AND RIGHT EQUALS ONE ROUND.

REST 90S BETWEEN ROUNDS.

MOVE SWIFTLY AND FOCUS ON CONTROLLING YOUR BREATH.

ATTEMPT TO KEEP THE KETTLEBELL UP FOR THE ENTIRETY OF EACH ROUND.

DEATH BY BURPEE X SPRINTS-

EMOM SPRINT 100M AND PERFORM 1 BURPEE

EACH MINUTE ADD 1 ADDITIONAL BURPEE.

CONSULT 'WEEK ONE: DAY THREE', ATTEMPT TO BEAT SCORE.

100 X KB TOWEL CURLS

15 X PUSH-UP EVERY TIME YOU BREAK.

AS SOON AS FORM OR TEMPO DETERIORATES ON CURLS, DROP INTO PUSH-UPS, RESUME CURLS AS QUICKLY AS POSSIBLE. ENJOY THE PUMP.

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BULLDOG GEAR® x AT

WEEK THREE:

DAY FOUR

FULL BODY RESISTANCE

EMPHASISING A HIGHER REP SCHEME IN A DESCENDING LADDER, TO STIMULATE YOUR STRENGTH ENDURANCE, FOLLOWED BY A STRUCTURAL MID INTENSITY METCON THAT WILL HAVE YOUR SHOULDERS BUILDING AND BURNING.

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BULLDOG GEAR® X AT

DAY 4- FULL BODY RESISTANCE.

WARM-UP

5 ROUNDS-

20 X KB SWING

15 X GOBLET SQUAT

10 X CLOSE GRIP PUSH UP ON KB

90S REST

DO NOT PUT KETTLEBELL DOWN BETWEEN EXERCISES, GO STRAIGHT THROUGH THE ENTIRE ROUND BEFORE LETTING GO AND RESTING.

DEATH BY CLEAN X SQUAT

EMOM PERFORM-

1 X KB CLEAN AND GO STRAIGHT INTO 2 X FRONT RACK SQUAT

ADD AN ADDITIONAL REP (1 CLEAN+ 2 SQUATS) PER SIDE EACH MINUTE.

ACCUMULATE 200 SHOULDER TAPS

EMOM UNTIL COMPLETE PERFORM 2 X BURPEE

BULLDOG GEAR® X AT

WEEK THREE: DAY FIVE

AEROBIC BASE

THIS IS NOT AN 'OFF DAY'.
YOUR AEROBIC BASE CAN PLAY A HUGE
ROLE IN YOUR ABILITY TO RECOVER
FROM WORKOUTS, WHICH IN TURN
DICTATES YOUR PERFORMANCE AND
RATE OF IMPROVEMENTS.

EMBRACE IT. MOVE. IMPROVE.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

WARM-UP

40 MINUTE RUN/WALK

FOR MAX DISTANCE

AT MEDIUM INTENSITY

MOVE AT A 'CONVERSATIONAL PACE' , THAT IS TO SAY- A PACE THAT IS WELL ABOVE A REGULAR WALKING PACE, BUT STILL ALLOWS YOU TO MAINTAIN A CONVERSATION, EVEN IF IT IS SLIGHTLY STACCATO .

PICK UP THE PACE WHERE YOU CAN, DROP IT WHEN YOU NEED TO.

TRACK DISTANCE. **GO FURTHER THAN LAST WEEK.**

25 X 'YOU ARE NOT YOUR YOGA FLOWS'

FOLLOW THE 'BRO FLOW' POSTED IN INSTAGRAM STORY HIGHLIGHTS

OR...

THERE ARE INNUMERABLE YOGA AND MOBILITY FLOWS AVAILABLE TO WATCH AND FOLLOW ALONG, ON YOUTUBE.

A VERY GOOD START IS TO LEARN A 'SUN SALUTATION' AND REPEAT UNDER CONTROL FOR 10 MINUTES.

BULLDOG GEAR® x AT

WEEK 3, OVER.

THIS IS AROUND THE MARK WHERE FAST ADAPTERS BEGIN TO TURN DAILY AND WEEKLY ACTIONS INTO PRETTY SOLID HABIT.

IF THIS SOUNDS LIKE YOU, GOOD.

IF YOU'RE STILL 'RESISTING', KEEP AT IT, MAKE A MENTAL NOTE OF HOW YOU FEEL ONCE YOU'VE ENGAGED AND WORKED THROUGH A SESSION, THE ACCOMPLISHMENT, THE SATISFACTION. SUMMON THIS UP NEXT TIME YOU FEEL A 'PUSH' BACK.

THE SOFA WILL NEVER PROVIDE THE SAME LEVEL OF COMFORT AS WHEN YOU SIT ON IT, KNOWING YOU'VE JUST PUSHED THE NEEDLE FORWARD.

FINAL WEEK OF MONTH ONE IS LOCKED AND LOADED.

STAND BY TO GET SOME.

AT

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CLICK HERE FOR

10% OFF

KETTLEBELLS

USING CODE

'YANYGM10'

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